



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January 2, 2012

The Alleghany Highlands YMCA is pleased to announce an upcoming event for Women on February 3rd and 4th at the Y's main facility located at 101 YMCA Way, Covington, VA. This two-day **Women's Health Fair** is designed to be about women and for women as we focus on healthier living and more balanced lifestyles for all ages.

We invite you to participate in this free event that is open to the public. Our goal is to offer a variety of booths, exhibits, demonstrations and services that will focus on the importance of women's physical, emotional and mental health.

Friday, February 3 rd	4:00 pm to 8:00 pm
Saturday, February 4 th	10:00 am to 3:00 pm

We also encourage you to provide educational materials and "give-aways" for the attendees, and also request that you supply one or more items to be used as a door prize.

Please return the enclosed form if you would like to be included as an exhibitor for the event.

What a great way to start off 2012 by encouraging women to be proactive about their health! We challenge you to join the cause and join us for this special event!

Sincerely,

Jennifer F. Unroe
Chief Executive Officer

Gayle Kitchen
Member Services Director

Don't Forget...

National Wear Red Day is February 3, 2012!

**Alleghany Highlands YMCA
Women's Health Fair**

Friday, February 3rd 4:00 to 8:00 pm

and

Saturday, February 4th 10:00 am to 3:00 pm

Name _____

Organization _____

Address _____

Phone _____

Email Address _____

Exhibit Description _____

Space Size Needed _____

Do you require...

Table (1 6ft table provided per vendor) yes no

Electricity yes no

There is no cost to participate in this event, however we encourage you to provide "give-aways" and printed information.

I will provide a Door Prize for the event yes no

Description of Door Prize _____

Please return by January 25, 2012

Alleghany Highlands YMCA, 101 YMCA Way, Covington, VA 24426

Fax: 540.862.8675

Email: junroeahymca@gmail.com